Governor Mitch Daniels' Week 1 Governor Mitch Daniels' Week 2 **Weekly Log Carrying Cards** Shape Indiana Start July 7 Start July 14 Summer Fit Summer Fit 0 0 6 0 0 0 Carry these cards with you in your wallet or Week 1 Week 2 Т S S M W Tot M Tot purse to give you quick access to track your progress throughout each day of the week. Physical Physical Activity Activity Drinking Drinking The points system is as follows: Water Water 30 minutes of physical activity – 7 points Fruit & Fruit & 8 ounces of water -1 point Vegetables Vegetables 1 fruit or vegetable serving – 2 points No Tobacco No Tobacco 1 day without tobacco products -2 points Forward to Forward to Completing the "Weekly Bonus" – 10 points Forward email to a friend -2 points Weekly Bonus Weekly Bonus Set a goal! Track your progress! See results! Totals Totals IN Governor Mitch Daniels' Week 3 Governor Mitch Daniels Week 4 Week 5 SHAPE INDIANA Shape Indiana SHAPE INDIANA Start July 21 Start July 28 Start Aug 4 Summer Fit Summer Fit Summer Fit Week 3 Week 4 Week 5 W T S T S M T \mathbf{W} S Tot M S Tot M S Tot S Physical Physical Physical Activity Activity Activity Drinking Drinking Drinking Water Water Water Fruit & Fruit & Fruit & Vegetables Vegetables Vegetables No Tobacco No Tobacco No Tobacco Forward to Forward to Forward to Friend Friend Friend Weekly Bonus Weekly Bonus Weekly Bonus Totals Totals Totals IN Governor Mitch Daniels' IN Governor Mitch Daniels' IN Governor Mitch Daniels' SHAPE INDI Week 8 Week 6 Week 7 Shape Indiana Shape Indiana Shape Indiana Start Aug 25 Start Aug 11 Start Aug 18 Summer Fit Summer Fit. Summer Fit Ø Ø 0 0 Ø Ø Ø Week 7 Week 8 Week 6 F M T W F S Tot M T W T F S S Tot M T W T S S Tot Physical Physical Physical Activity Activity Activity Drinking Drinking Drinking Water Water Water Fruit & Fruit & Fruit & Vegetables Vegetables Vegetables No Tobacco No Tobacco No Tobacco Forward to Forward to Forward to Friend Friend Weekly Bonus Weekly Bonus Weekly Bonus Totals Totals Totals